



CRISPY SALAD WITH GREEN APPLE, CHICKPEAS AND VEGAN SCHNITZEL

INGREDIENTS

1 package of Garden Gourmet Schnitzel

75g arugula

2 pre-cooked (ready-to-eat) beetroots

1 small red onion

1 small can (140 g drained) chickpeas

1 (green) apple

Dressing: olive oil, lemon juice or vinegar of your choice (e.g. balsamic vinegar)



2 SERVINGS



15 MIN

Crispy salad with green apple, chickpeas, and Garden Gourmet's vegan schnitzel. Refreshing, tangy and flavorful. Perfect for a light and delicious meal!

PREPARATION

1. Prepare the veggies for the salad

Peel and thinly slice the onion. Wash the apple and cut into wedges or pieces. Rinse the beetroots and cut them into pieces, and drain the chickpeas.

2. Add the dressing

In a bowl, mix the apple with the beetroots, chickpeas, and onion. Season with salt, pepper, olive oil, and balsamic vinegar. Divide the arugula onto 2 plates and spoon the vegetable mixture over it.

3. Cook the schnitzel and serve!

Cook the schnitzel until crispy and brown according to the instructions on the package. Slice into strips and distribute over the salad.

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